





the 1990s, the number of people with diabetes has increased in all industrialized countries, and the prevalence of diabetes is expected to increase further in the next decades.

Diabetes is a chronic disease, and the long-term consequences of diabetes are determined by the degree of glycaemic control. The most important long-term complications of diabetes are cardiovascular disease, nephropathy, retinopathy, and neuropathy. The prevalence of these complications is directly related to the duration and severity of the disease.

The aim of this paper is to review the current state of knowledge on the pathogenesis of the long-term complications of diabetes, and to discuss the implications for clinical practice.

Diabetes

Diabetes is a chronic disease characterized by hyperglycaemia. The most common form of diabetes is type 2 diabetes, which is caused by a combination of insulin resistance and a relative deficiency of insulin.

The pathogenesis of type 2 diabetes is complex, and involves a combination of genetic and environmental factors. The most important genetic factors are the *TCF7L2* and *PPARG* genes.

The most important environmental factors are obesity, physical inactivity, and a diet high in calories and saturated fats. The prevalence of type 2 diabetes is highest in industrialized countries, and is increasing rapidly in developing countries.

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of the 1990s. The 1990s also saw a rise in the number of countries that had a health insurance system. The number of countries with health insurance rose from 112 in 1990 to 165 in 2000 (World Bank 2002).

There are three reasons why the number of countries with health insurance has increased. First, the number of countries that have a health insurance system has increased because of the increasing number of countries that have adopted a health insurance system. Second, the number of countries that have a health insurance system has increased because of the increasing number of countries that have adopted a health insurance system. Third, the number of countries that have a health insurance system has increased because of the increasing number of countries that have adopted a health insurance system. The number of countries that have a health insurance system has increased because of the increasing number of countries that have adopted a health insurance system.

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